

## CAN DO IDEAS

**Healthy Eating****Nutritional Information**

Corrine showed us how we can be food detectives and investigate what is in our food.

Bring in a selection of food labels for Wednesday for us to explore how healthy they are.

**Recommended per 100g serve:**

Sugar 10g  
Salt 400mg  
Fat 5g

**Tongue Stickers**

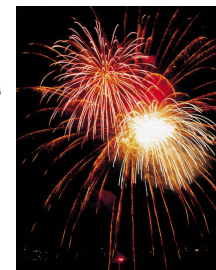
Can you find a healthy and suitable treat we can use as our class tongue stickers?

**Bring in the food label to show it is a healthy choice.**

NUTRITION INFORMATION		
SUBJECT TO SEASONAL VARIATION		
SERVINGS PER PACKAGE: 6		
SERVING SIZE: 36g (1 BAR)		
	PER 36g SERVE	PER 100g
ENERGY	596kJ (142 Cal)	1632kJ (390 Cal)
PROTEIN	1.6g	4.3g
FAT	6.9g	18.9g
CARBOHYDRATE		
- TOTAL	25.0g	68.6g
- SUGARS	14.0g	38.3g
DIETARY FIBRE	0.3g	0.7g
SODIUM	75mg	205mg
POTASSIUM	57mg	158mg
INGREDIENTS		
GLUCOSE, COMPOUND MILK CHOCOLATE [SUGAR, VEGETABLE OIL, MILK POWDER, COCOA POWDER, LACTOSE, EMULSIFIER (LECITHIN), SALT], PUFFED RICE [EMULSIFIER (LECITHIN)], VEGETABLE OIL, ROLLED OATS, SUGAR, BISCUIT CRUMB, HOKEY POKEY, HONEY, FLAVOURS (VANILLA AND HOKEY POKEY).		

**ART & CRAFT**  
November 5<sup>th</sup>

The streets and houses will soon be popping with noises of firecrackers, rockets and other fireworks.



**Some possible activities.**

Design a FIREWORK safety poster to display in your classroom for Friday.

Make a list of safety tips to help families keep safe using fireworks.

Design your own special firework. Think of a catchy name. Draw what it looks like. Explain what it does. Draw and colour the special effects it makes when it goes off.

Make a model of a firework (not a real one, of course). Check what written instructions come with fireworks and how everyone can keep safe. Add these to your model.

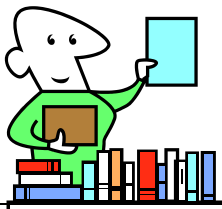
**Have fun at the weekend and REMEMBER to keep SAFE.**

**Maths**

Practise your skills using Mathletics. Spend around 15 minutes each night on Mathletics to brush up your basic facts knowledge.

**Reading Log**

Keep up your daily reading log - write down how many pages you read each evening.



Date	Title
Monday	
Tuesday	
Wednesday	
Thursday	

**From the teachers:**

Children are invited to attend the Lunchtime Cushion Concert on Wednesday 1 November at 12.45pm. Children are welcome to bring a cushion from home.

**Individual Home Learning****MUST DO**

Reading  
Learn spelling  
Mathletics (class OK)

**CAN DO**

This is where you choose what to do